



# DANCE

## BEGINNING TAP (Adults)

Adult Tap is an innovative tap dance class involving basic tap steps/combinations with traditional dance moves. Choreography is easy to follow so there is no experience necessary. Instructor: Julie Williams. 7 sessions.

Activity #312517A \$25/Res; \$37/Non-Res  
4/9-5/21 Fri 8:10-8:50 pm Foster

## NIA DANCE (Adults)

Using physical activity to bring together the mind and the body, this cardio program uses whole body and expressive movements to achieve fitness and wellness. Instructor: Corean Gray. 7 sessions.

Activity #314090A \$42/Res; \$63/Non-Res  
4/10-5/22 Sat 3-4 pm Letts

## NIA DANCE WORKOUT (Adults)

Join this popular non-impact, mind and body fitness class. NIA integrates movements from dance and healing arts that turns the conventional workout into a full mind and body experience. You can enjoy NIA regardless of your fitness level. Stimulating and exciting music along with creative movements and specific areas of focus will inspire you to thrive! Sign up for both days to receive a discount! Instructor: Trudie Wilson. 8 sessions/1 day/week or 16 sessions/2 day/week.

Activity #350300A \$48/Res; \$72/Non-Res  
4/13-6/1 Tue 6-7 pm Southside (Hill)

Activity #350300B \$48/Res; \$72/Non-Res  
4/15-6/3 Thu 6-7 pm Southside (Hill)

Activity #350300C \$60/Res; \$90/Non-Res  
4/13-6/3 Tue/Thu 6-7 pm Southside (Hill)

Activity #450300A \$48/Res; \$72/Non-Res  
6/22-8/10 Tue 6-7 pm Southside (Hill)

Activity #450300B \$48/Res; \$72/Non-Res  
6/24-8/12 Thu 6-7 pm Southside (Hill)

Activity #450300C \$60/Res; \$90/Non-Res  
6/22-8/12 Tue/Thu 6-7 pm Southside (Hill)



(Adults)  
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## LATIN DANCE (Adult Beginner & Intermediate)

Learn Salsa, Merengue, Bachata, and more! This course will teach the basic steps of each dance and how to move your body to these popular Latin rhythms. Latin music appeals to people of all ages and is becoming more popular at weddings, vacation cruises and clubs and is such a fun way to exercise! Partners are not required (but helpful). Comfortable shoes (which can easily slide) and loose clothing are recommended. Participants will also get information on current Latin clubs available in the area where they can practice on weekends. No previous dance experience necessary for beginner class. Instructor: Angela Rojas-Dedenbach. 8 sessions.

Activity #316300A (Beginner) \$40/Res; \$60/Non-Res  
4/13-6/1 Tue 6-7 pm Southside (Hill)

Activity #316301B (Intermediate) \$40/Res; \$60/Non-Res  
4/13-6/1 Tue 7:15-8:15 pm Southside (Hill)

## PRIVATE BALLROOM DANCE LESSONS

Lessons will be comprised of requests from the Urban and Ballroom dance classes. Dance techniques will be taught at a beginning or intermediate skill level. Instructor: Sterling Armstrong. 4 sessions. At the door price: \$10/Res; \$15/Non Res.

Activity #313373A \$30/Res; \$45/Non-Res  
4/15-5/6 Thu 7:30-9 pm Gier

Activity #313373B \$30/Res; \$45/Non-Res  
5/20-6/10 Thu 7:30-9 pm Gier

Activity #313373B \$30/Res; \$45/Non-Res  
5/20-6/10 Thu 7:30-9 pm Gier

Activity #413373A \$30/Res; \$45/Non-Res  
7/8-7/29 Thu 7:30-9 pm Gier

Activity #413373B \$30/Res; \$45/Non-Res  
8/12-9/2 Thu 7:30-9 pm Gier

Activity #413373C \$30/Res; \$45/Non-Res  
9/16-10/7 Thu 7:30-9 pm Gier

## BEGINNING BALLROOM DANCE (Adults)

This class is designed for beginners or as a refresher course. Dances taught will include the Jitterbug, Cha-Cha, Foxtrot and Waltz. Register as couples only! Instructor: Garnett Kepler. 6 sessions.

Activity #312500A \$23/Res Cpl; \$34/Non-Res Cpl  
4/22-5/27 Thu 6:30-7:30 pm Foster

## URBAN LINE DANCE (Adults)

Learn the basic line dance steps for the old and new Hustles, Cha-Cha and more. At the door prices are \$5 for City of Lansing residents and \$7 for non-residents (pictured ID will be required). Instructor: Sterling Armstrong. 5 sessions.

Activity #313370A \$20/Res; \$30/Non-Res  
4/7-5/5 Wed 6:30-8 pm Gier

Activity #313370B \$20/Res; \$30/Non-Res  
5/19-6/16 Wed 6:30-8 pm Gier

Activity #413370A \$20/Res; \$30/Non-Res  
7/7-8/4 Wed 6:30-8 pm Gier

Activity #413370B \$20/Res; \$30/Non-Res  
8/18-9/15 Wed 6:30-8 pm Gier

## BASIC HUSTLE 101 (Adults)

In this class you will learn the basic Hustle steps. No experience is needed; we will show you everything you need to know. At the door prices are \$3 for City of Lansing residents and \$4.50 for non-residents (pictured ID will be required). Instructor: A. Civils. 10 Sessions.

Activity #314111A \$30/Res; \$45/Non-Res  
4/13-6/15 Tue 6-7:30 pm Letts

Activity #314111B \$30/Res; \$45/Non-Res  
4/15-6/17 Thu 6-7:30 pm Letts

Activity #414111A \$30/Res; \$45/Non-Res  
7/6-9/7 Tue 6-7:30 pm Letts

Activity #414111B \$30/Res; \$45/Non-Res  
7/8-9/9 Thu 6-7:30 pm Letts



## Patsy Watson's School of Dance

Located in the Logan Square ShoppingCenter at the corner of Holmes and Martin Luther King Blvd.

### YOUTH AND ADULT CLASSES

Monday through Saturday  
Ballet, Tap, Jazz, Hip Hop, Gymnastics,  
Acrobatics and Ballroom

### On-going registration is accepted

Tuition is paid on a monthly basis and starts at \$19 a month.

YOU MUST BRING THIS AD from the Lansing Parks and Recreation CommunityActivities Guide to receive the special discounts.  
NEW STUDENTS ONLY.

Register at Patsy Watson's School of Dance - 882-6871 or visit  
[www.patsywatson.com](http://www.patsywatson.com)